



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U12 RECREATIONAL



SESSION 2

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STANDARD STRETCHING INTRODUCTION

Warm Up



Purpose

To warm up players' muscles and increase blood flow.

Organization

Have the players pair up and form 2 lines.

Game Objective

Players jog around the area following the coach's commands, then stretch.

Progressions

- Change - change direction, increase speed of turns as players get warmer
- Heel flicks - lean forward and flick heels up to bottom (hamstring stretch)
- Outside of foot flicks - put hands up to sides and touch outside of feet by flicking them up
- Thighs up - put hands out in front, palms down; slap thighs against palms to stretch quads
- Side to side - face in or out and move along by clicking heels together
- Skipping - skipping forwards using arms to help bound; get as high as possible
- Sideways skipping - jog sideways by crossing one foot behind the other
- Leaps - jump up for imaginary header; try alternating bounding leg
- Down for rolls - spring to floor and do a sideways roll, then quickly back up
- Bouncing - jog, then bounce against partner's shoulder, land, continue
- Swap places - swap places with partner as quickly as possible; communicate
- Leap frog - back player leaps over players in front; each does same
- Hopping & bounding - use one foot and both feet together
- Back to front - back pair race against each other to be first to the front

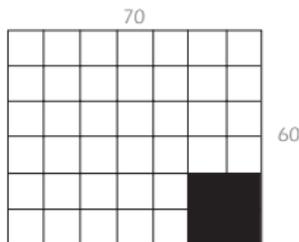
Key Coaching Points

Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.

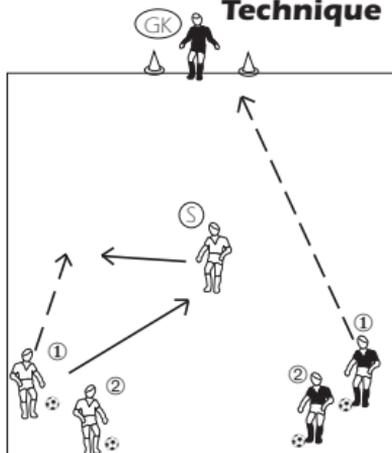


SESSION 2 - Week 5

2 hour practices, 2 recommended practices per week



Assumption: 12 players in group



Purpose

To develop striking the moving ball and finishing.

Organization

Set out a 20 x 20 yard area. Groups of six. Four balls per group. Position players as shown in the diagram. Repeat in another area for a total of 12 players.

Game Objective

Player ① passes the ball to the server ⑤ who passes the ball back into the path of player ①. Player ① shoots low and to the far post. Player ① runs to the area of the far post to pick up any rebounds or shots wide of the far post. Player ② and ② repeat the practice. Rotate positions.

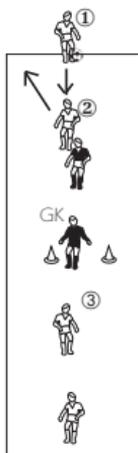
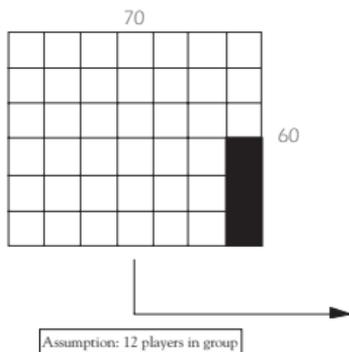
Progressions

1. The server moves to provide passive resistance to the striker.
2. The player directly behind the striker moves in to pressure the attacker.

Key Coaching Points

1. Concentrate on accuracy.
2. Strike through the middle top-half of the ball.
3. The far post run must be timed so that the player arrives at the ball at full speed.
4. Shoot low and to the far post.

Shooting Under Pressure



Purpose

To develop combination play leading to a shot on goal.

Organization

Set out a 10 x 30 yard area. Groups of six. Play 2 v 1 on each side of the goal. One ball per group. Repeat in another area for a total of 12 players.

Game Objective

Player ② checks away from his defender and calls for the ball from player ①. Player ① passes the ball to the feet of player ②. Player ② plays the ball back and to the side of player ① who shoots first time on goal. Repeat the practice in the opposite direction with the defender being goalkeeper and the goalkeeper going out to defend.

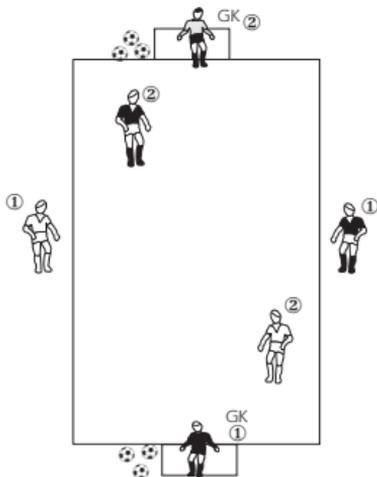
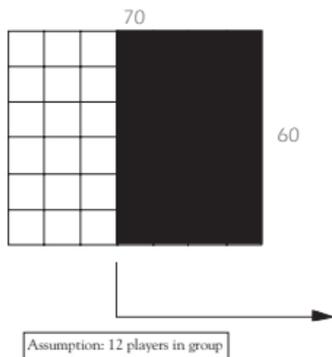
Progressions

1. Allow player ② the option to turn the defender and shoot himself.

Key Coaching Points

1. Player ① must communicate with the other attacker to determine if player ② turns the defender or lays the ball off.
2. Direct the ball low and to the corners of the goal.
3. Encourage the second attacker to follow-in on rebounds from the goalkeeper.

Attacking The Crossed Ball



Purpose

To develop crossing and finishing skills

Organization

Set up a 40 x 60 yard area. Groups of 6. Station goalkeepers in a goal at each end line, 2 players inside the area and 2 wide players outside the area. Goalkeepers should have a supply of balls. Repeat in another area for a total of 12 players.

Game Objective

GK 1 distributes the ball to 1, who advances the ball up the touch line with his first touch and crosses the ball to 2 with his second touch. Keepers must stay on their line throughout the practice. Repeat in the opposite direction from GK 2 to 1 and 2. The wide player should attempt to vary his serves to near, middle and far post positions.

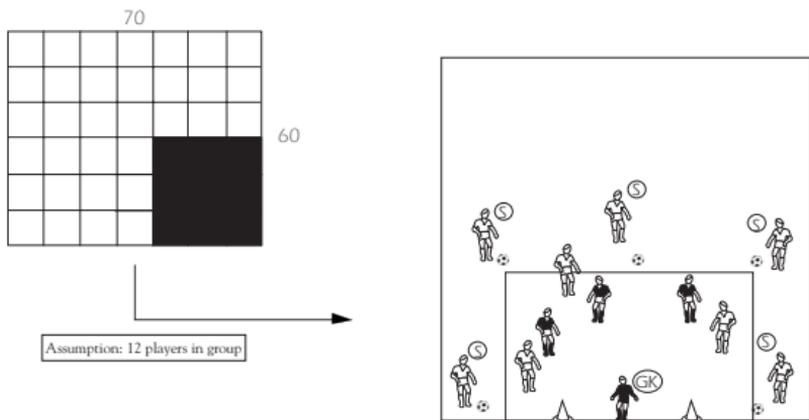
Progressions

1. Which team is the first to score 5 goals by either a header, volley or flick?
2. The 1 and 2 compete against the team with GK 1 playing with the team and GK 2 with the team.

Key Coaching Points

Crossing the ball:

1. The ball should arrive between head and knee height in front of the attacker.
2. For near post crosses, aim to hit the edge of the 6 yard box in line with the near post.



Purpose

To develop finishing in the prime scoring area.

Organization

Set out a 30 x 30 yard area and recreate the 18 yard box around the goal. Position five players around the periphery of the area. Play 3 v 3 inside the area. One ball per server.

Game Objective

Servers take turns to serve the ball into the goal area to one of the team nominated by the coach inside the area. The player can either a.) turn on the ball and shoot directly on goal or b.) play the ball back to the server who shoots on goal, or c.) pass to another teammate. Servers score for the team passing them the ball. Servers are allowed only 1 touch. Rotate positions.

Key Coaching Points

1. Assess the quality of the receiving players first touch.
2. Servers must communicate with their attacking teammates to inform them of their options.
3. Turn and shoot in one continuous movement.
4. Follow in for rebounds.
5. Shoot early—shoot low.
6. Be creative—backheels—toe pokes.